



JAMES A. FELTEN, MPA
Public Health Director

ERIC K. FRYKMAN, MD, MPH, MBA
Health Officer

For more information
Contact:
Sandra Finney-Zane
Veronica Ingersoll
Health Educators, Immunizations
800-722-4794

PHD# 0560
September 2005

For Immediate Release

Flu Clinics Start in October!

Low Cost Immunization Clinics Available

It's that time of the year again – time to prepare for flu season! San Bernardino County Department of Public Health will offer low cost, flu shot clinics throughout the county beginning October 18. Seniors and others at high risk from flu should get their flu shots as soon as clinics begin!

Annual flu shots are recommended for all seniors (60 years and older), and anyone with a chronic illness such as heart disease, diabetes and asthma. These groups are especially at risk for influenza – related pneumonia and bronchitis, which causes more than 36,000 deaths in the U.S. each year. Others at high risk for flu include anyone with a weakened immune system, women who are pregnant and infants and children ages six to 23 months. Healthcare workers also need flu shots to protect their patients. Flu shots are \$5.00 but no one will be denied service. For clinic locations, sites and times call the Immunization Program at **(800) 722-4794**, Monday through Friday from 8 AM – 5 PM.

(more)

Flu shots are recommended for infants six to 23 months of age because recent studies indicate children of these ages are just as likely to develop complications from flu as people in other high- risk groups. Additionally close contacts of any children under two years, including household members, day care providers and teachers, should get their flu shot as well.

The 2005 – 2006 influenza vaccine will protect against the three strains of influenza virus expected to cause flu this winter: A/Californian, A/New Caledonia and B/Shanghai. New influenza strains mean yearly vaccine changes.

Protect yourself from flu this year! Come to a low cost flu clinic near you. Call the San Bernardino County Department of Public Health Immunization Program at 800-722-4794 for clinic locations!